



“Good farmers, who take seriously their duties as stewards of creation and of their land’s inheritors, contribute to the welfare of society in more ways than society usually acknowledges, or even knows. These farmers produce valuable goods, of course; but they also conserve soil, they conserve water, they conserve wildlife, they conserve open space, they conserve scenery.”

— [Wendell Berry, *Bringing it to the Table: Writings on Farming and Food*](#)

News from the Farm

Pancake Breakfast is this week. See the backside of the newsletter for all the details!

We are delivering boxes as usual on the 4th of July. If you would like to pick up your box Wednesday or Friday at the farm we can arrange it with you on an individual basis.

Our peas are flowering despite being half drowned. The 4 inches of rain we received last Friday did not help them and we are holding out hope they might do okay despite the wet forecast. Because of this there is no pea pick at the pancake breakfast. We will announce pea pick times or substitute a later snap bean pick in its place later in July. Most of our other veggies are looking quite wonderful despite the wet soil. We expect baby cabbages, broccoli, cauliflower, snap beans and other beautiful veggies over the next few weeks. Field carrots and beets are looking excellent and will appear in boxes in Late July.

We do plan to have some strawberry u-pick times posted in next week’s newsletter. Berries are just starting and we want to keep the berries in great condition for the boxes next week.

We had wonderful and much needed worker share help this week. These folks who work for their shares provide much of the weeding and harvesting power which keep the farm going! Many stayed late on Wednesday to get this bountiful box in your hands.

In animal news we got our hay picked up before the big rain last week and we have grassfed beef available for purchase still. If you are interested in a specific larger amount Saturday please email or call in advance.

Have a delicious week - Kat, Tony, Riley, and Ted

In Your Box

- **Kale**- curly, lacinato, or Red Russian
- **Chinese cabbage**
- **Radishes**
- **Bok Choy**- last week for these!
- **Carrots**
- **Baby lettuce mix** – we have a lot so eat up!
- **Spring turnips** – great raw or cooked use both the bottom and greens
- **Bunched Spinach**

Next Week’s Best Guess: garlic scapes, lettuce, Chinese cabbage, spring turnips, strawberries, braizing greens, kale

pizzas of the week – 5 Veggie: green garlic, bok choy, kale, baby turnip, spinach; Its all clover baby blue : blue cheese, fresh red clover, and sausage, spinach and garlic; Kim Chi & steak- our thinly sliced beef with a Korean sauerkraut!

Kat’s Kitchen

Super easy Kimchi-a Korean fast sauerkraut like food kimchi can be added to omelets, savory pancakes and rice dishes. To make quarter Chinese cabbage and rinse well, submerge in a mixture of ½ gallon or water to 1 cup salt and soak for 2-4 hours. Removed and rise well and drain in a colander. Chop coarsely 2 inch slices and place in bowl. Add 1/8-1/4 cup fish sauce; hot pepper flakes to taste; 1 tsp sugar and if wanted 1 tsp fresh ginger grated and/or 1 clove garlic. Scallions, thinly sliced baby turnip or radishes can be added. Mix well stuff into jar and leave in a cool place on counter for 2-3 days. It will ferment so you must release air pressure if it is well sealed. Refrigerate and use.

Baby turnips and their greens, an intro: These white radish looking spring turnips are the belle of the ball! We get rave reviews every year. If you have never used these you can eat raw (adding greens to green salads with lettuce or to slaws and eating the roots like a fresh carrot or radish). One of our favorite cooked recipes involves slicing the turnips into rounds chopping up 2-3 slices of bacon cut into small pieces and saute for sever minutes until they soften. Then Add chopped greens and some fresh pepper and enjoy!

Kale: We love kale and using google you can find many recipes which including Kale Chips, raw and cooked leaf recipes; and fall soups. Kale has grown a lot in popularity moving it from obscure to easy to research in the last 5 years. We grow three types on our farm and they can be used interchangeably in recipes. Easy ways to include it are to cook it with beans or meat to fill burritos; to chop and add in smaller amounts to other green salads; and to steam and add to other common pasta dishes. We have an easy favorite sandwich which involves sharp cheddar cheese, bread or wraps, fresh kale and turnips with honey mustard. These are great grilled!

Pancake Breakfast

When

Join us this Saturday June 29th from 8:30am-12:30pm (food is usually gone by 12 at the latest) Rain or Shine! We will have indoor and outdoor seating for all!

What to bring/wear

Plates: Please bring your own plate and cutlery and cup if possible. We will have a rinsing station set up for you. We will have disposable options if this is not possible.

Shoes: It is a wet spring/summer thus far bring footwear that can deal with mud if you want to explore the fields. Our breakfast area and yard do not require such footwear.

Please do not bring any pets. We have several of our own and after a dog fight several years ago we want to keep you and your pets safe and sound! Importantly all dogs used for people with any disability and dogs in training for work are always welcome!

Menu

100% whole wheat Stoney Acres Pancakes with our wheat, organic milk, Westby creamery butter, our maple syrup and eggs; Maple Syrup from our woods; Eggs- from Stoney Acres and several other local farms (our chicken's just don't lay enough to feed 300 people!); Pork Sausage- our maple herb breakfast sausage recipe. 100% pasture raised pork; Apple Sauce- canned from 2012 for this very day; roasted root veggies for everyone but especially for the gluten intolerant of our community. Drinks include Organic Milk and New Roots Coffee, and water.

Location

7002 Rangeline rd. Athens WI 54411. There is a small map in the preseason welcome packet. From Wausau take 29 to 97 straight north for about 3 miles. When you see a sign for F (and 97 veers to the west/left) go straight, hit the stop sign and then continue straight onto Rangeline Rd about 1 mile. From Merrill or Medford take Hwy 64 to Hwy 97, go South about 1.5 miles making your first left onto Willow Ave/Rd, continue 1 mile making your first right onto Rangeline Rd and continue 1.5 miles South.

Other "events"

Regular farm tours will take place throughout the morning; animals can be visited and fields wandered. We have piglets on pasture with their mommas, chickens and beef cows. We will have a small area set up for kids (of all ages) to plant and take home a flower or vegetable seed. NOTE: There will not be u-pick peas at this time due to the weather.

We will have a mini farmers market set up for those who would like to purchase beef, flour, maple syrup or extra veggies. We will have fresh picked Strawberries which are just starting (they will be in CSA boxes next week) as well!

Who is invited

This is a CSA event meaning it is open to CSA members not the general public. But please bring family and friends as desired to all CSA events. Our community is your community!